

# Skilled Home Health Care



## What is Skilled Home Health Care?

Skilled Home Health is short-term health care services that can be provided to Veterans if they are homebound or live far away from VA.

The care is delivered by a community-based home health agency that has a contract with VA.

The program is for Veterans who need skilled services, case management and help with activities of daily living. Examples include help with bathing, dressing, fixing meals or taking medicines. This program is also for Veterans who are isolated or their caregiver is experiencing burden.

Skilled Home Health Care can be used in combination with other Home and Community Based Services.

## Am I eligible for Skilled Home Health Care?

Since **Skilled Home Health Care** is part of the VHA Standard Medical Benefits Package, all *enrolled*

**Veterans are eligible IF they meet the clinical need for the service and it is available.**

A copay for Skilled Home Health Care may be charged based on your VA service-connected disability status and financial information. Contact your VA social worker/case manager to complete the *Application for Extended Care Benefits* (VA Form 10-10EC) to learn the amount of your copay.

Find out more by visiting the Paying for Long Term Care section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

## What services can I get?

If you are eligible for Skilled Home Health, based on your needs you may receive:

- Nursing care (such as wound care or catheter care)
- Therapy visits for physical, occupational or speech therapy
- Patient education (about managing your medicines or illness)
- A home safety evaluation
- Social work support

These services can help give peace of mind to your family caregiver while you are living at home.

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## How do I decide if it is right for me?

You can use a **Shared Decision Making Worksheet** to help you figure out what long term care services or settings may best meet your needs now or in the future.

There's also a **Caregiver Self-Assessment**. It can help your caregiver identify their own needs and decide how much support they can offer to you. Having this information from your caregiver, along with the involvement of your care team and social worker, will help you reach good long term care decisions.

Ask your social worker for these Worksheets or download copies from the **Shared Decision Making** section at [www.va.gov/Geriatrics](http://www.va.gov/Geriatrics).

Your physician or other primary care provider can answer questions about your medical needs. Some important questions to talk about with your social worker and family include:

- How much assistance do I need for my activities of daily living (e.g., bathing and getting dressed)?
- What are my caregiver's needs?
- How much independence and privacy do I want?
- What sort of social interactions are important to me?
- How much can I afford to pay for care each month?

If Skilled Home Health seems right for you, talk with your social worker about home health agencies in your area.



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